**CREATION Health Healthy Diabetes Recipes**

**Tomato and Kale Pasta**

**Nutrition Information:**
- 21g carbohydrates
- 154 calories
- 6g fat
- 1g saturated fat
- 4mg cholesterol
- 177mg sodium
- 4g fiber
- 6g protein
- 3g sugar

**Servings:** 8  
**Serving Size:** 3/4 Cup

**Ingredients:**
- 2 cups baby kale
- 1/2 cup basil leaves
- 1/3 cup canned reduced sodium garbanzo beans
- 1 1/2 oz. parmesan cheese, finely shredded
- 2 tbsp. lemon juice
- 2 tbsp. olive oil
- 3 cloves garlic, quartered
- 1/2 tsp. kosher salt
- 1/2 tsp. black pepper
- 6 oz. whole grain penne pasta
- 3 cups seeded and chopped tomatoes
- Shaved parmesan cheese (optional)

**Directions:**

1. For pesto, in a food processor combine the kale, basil, garbanzo beans, parmesan cheese, lemon juice, olive oil, garlic, salt, and black pepper. Cover, pulse, and mix until finely chopped.
2. Meanwhile, cook pasta according to package directions. Drain well.
3. Stir pesto into hot pasta; fold in tomatoes. If desired, top with shaved parmesan. Serve warm or at room temperature.
Tex-Mex Black Bean and Quinoa Bowl

**Ingredients:**
- 1 cup water
- 1 cup quinoa
- 1 tsp. ground cumin
- 2 tsp. extra virgin olive oil, plus 2 tsp. divided
- 2 tsp. rice wine vinegar
- 1 tsp. salt
- ¼ tsp. pepper
- 4 cups very thinly sliced cabbage
- 2 cups chopped red onion
- 1 medium poblano pepper, chopped
- 115 oz. can black beans, rinsed
- 2 tsp. chili powder
- 1 cup shredded sharp cheddar cheese
- 1 cup salsa

**Directions:**
1. Bring water to boil in medium saucepan and add quinoa. Reduce heat, cover and simmer until the water is absorbed (about 15 minutes). Fluff with a fork and stir in cumin. Set aside.
2. Whisk 2 tsp. olive oil, vinegar, salt and pepper in a large bowl. Add cabbage and onion; toss to coat.
3. Heat the remaining 2 tsp oil in a medium skillet over medium heat. Add poblano and cook, stirring until softened, 3 minutes. Stir in beans and chili powder until heated through. Remove from heat.
4. To serve, layer in each bowl: quinoa, bean mixture, and cheddar cheese. Top each layer with bean mixture, cheddar cheese, cabbage salad, and 2 tsp. salsa.

**Nutrition Information:**
- 53g carbohydrates
- 478 calories
- 22g fat
- 8g saturated fat
- 650mg sodium
- 12g fiber
- 20g protein
Frozen Chocolate Banana Pops

Servings: 12

Ingredients:
4 large, ripe bananas, peeled and cut into thirds, crosswise.
1 cup semisweet chocolate chips, melted.

1 cup shredded coconut or chopped nuts.
Popsicle sticks.

Nutrition Information:
23g carbohydrates
137 calories
6g fat
3g saturated fat
15g sugar
4mg sodium
3g fiber
1g protein

Nutrition information includes 1 cup peanuts.

Directions:

1. Line a baking sheet with parchment or wax paper.
2. Insert a popsicle stick into each piece of banana.
3. Cover each piece with melted chocolate using a rubber spatula and sprinkle with coconut or nut. (Reheat chocolate as needed to keep it melted.)
4. Place the bananas on the baking sheet and freeze until frozen, about 2 hours.
Sausage and Quinoa-Stuffed Zucchini

Ingredients:
- 1 tsp. extra-virgin olive oil
- 3 links sweet or hot turkey sausage, casings removed
- 1 small onion, chopped
- ½ cup quinoa
- 1 cup water
- 1 cup quartered grape tomatoes
- 1 tbsp. chopped fresh marjoram, or 1 tsp dried
- 4 medium zucchinis
- Salt, pepper to taste
- 1/3 cup finely shredded Parmesan cheese

Nutrition Information:
- 23g carbohydrates
- 293 calories
- 38g fat
- 13g saturated fat
- 626mg sodium
- 4g fiber
- 22g protein

Serving Size: 2 halves

Directions:
1. Heat oil in saucepan over medium heat. Add sausage and onion; cook while breaking the sausage into small pieces until no longer pink, about 5 minutes.
2. Add quinoa and water and bring to boil. Reduce heat and simmer; cover and cook, stirring once or twice until water is absorbed (15-20min).
3. Remove from heat and stir in marjoram and tomatoes.
4. Cut zucchini lengthwise in half and cut a thin slice off the bottoms so each half sits flat. Scoop out the pulp leaving a 1” inch shell. Discard pulp. Place zucchini on microwave safe dish and sprinkle with pepper and salt. cover and microwave on high until tender crisp: 3-4 minutes.
5. Preheat broiler to high. Position rack in upper third of oven.
6. Transfer zucchini to broiler safe pan and fill with the quinoa mixture. sprinkle with cheese, broil on upper rack until cheese melted (about 2 minutes).
No Bake Energy Bites

Servings: 36  Serving size: 1 ball

Ingredients:
- ½ cup nut butter
- 3 tbsp. cocoa powder
- 1 cup quick or old-fashion rolled oats
- ⅓ cup honey or agave nectar
- ⅔ cup toasted coconut flakes
- 1 tsp. vanilla extract
- 1 tbsp. chia seeds or poppy seeds

Nutrition Information:
- 8g carbohydrates
- 78 calories
- 5g fat
- 1g saturated fat
- 22mg sodium
- 1g fiber
- 2g protein

Directions:

1. In large bowl, mix together all the ingredients.
2. Using your hands to blend and mix together; if mixture a bit dry, you can add more honey. Add more oats if the mixture is a bit too sticky. (This recipe is very flexible; consider it simply a starting point.)
3. Shape into tablespoon size portions (ping pong ball). Place on parchment lined sheet for 20 minutes to firm up.
4. Store in airtight container in the fridge for up to 2 weeks (or freeze much longer).

*These are great for snack or added protein.*
Peanut Butter, Banana, and Flax Smoothie

Ingredients:
- 1 cup 1% low fat milk
- 1 cup vanilla fat-free yogurt
- 2 tbsp. ground flaxseed
- 1 tbsp. creamy peanut butter
- 1 tsp. honey
- ½ tsp. vanilla extract
- 1 ripe banana, sliced

Directions:
1. Place all ingredients in a blender.

Nutrition Information:
- 32g carbohydrates
- 229 calories
- 8g fat
- 2g saturated fat
- 113mg sodium
- 4g fiber
- 9g protein
- 211mg calcium

Servings: 2    Serving size: ¾ of a cup
Crispy Baked Asparagus Fries

Nutrition Information:
- 23g carbohydrates
- 188 calories
- 6g fat
- 3g saturated fat
- 253mg sodium
- 3g fiber
- 12g protein
- 91mg cholesterol

Servings: 4    Serving size: ¾ of a cup

Ingredients:
- 1-pound asparagus, trimmed
- ½ cup flour
- 2 eggs, lightly beaten
- ¼ cup panko breadcrumbs
- ½ cup grated parmesan
- Salt and pepper to taste

Directions:

1. Coat asparagus in flour. Dip in egg and then into a mixture of breadcrumbs, parmesan, salt and pepper.
2. Place asparagus on wire rack or baking sheet and bake in preheated 425°F oven until golden brown, about 7-13 minutes.
Nordstrom's Tomato Basil Soup

Ingredients:
- 6 tbsp. olive oil
- 4 large carrots, peeled and diced
- 1 large onion, sliced
- 1 tbsp. dried basil, crushed
- 3-14 oz. cans whole peeled/diced Roma tomatoes
- 1- quart vegetable broth
- 1- pint heavy cream
- 1 tsp. salt; pepper to taste

Nutrition Information:
- 19g carbohydrates
- 270 calories
- 18g fat
- 10g saturated fat
- 474mg sodium
- 17g sugar
- 7g protein

Servings: 10

Directions:
1. In a large heavy saucepan, heat the olive oil over medium-high heat until shimmering. Add carrots and onion then cook until beginning to soften, 10 minutes. Then add basil and cook until vegetables are completely soft, about 5 minutes more.
2. Add tomatoes and broth, bring to a boil, then reduce heat. Cover and simmer for 20-30 minutes, or up to 45 minutes if time permits.
3. After allowing soup to cool, puree in a blender, food processor, or with an immersion blender until smooth. (Doing so in batches if necessary.)
4. Stir in cream little by little over low heat, until desired texture is reached and soup is just heated through.
5. Season to taste with salt and pepper. Serve warm
Pickled Carrots

Ingredients:
- 2 lbs. peeled carrots, cut into 4" lengths and split in quarters
- 2 tbsps. salt
- ¼ tsp. pepper
- 2 tbsps. dill seed
- 2 cloves garlic
- 1 tsp. mustard seed
- 1 onion, sliced or diced

Directions:
1. Boil 1 cup vinegar and 1 cup water
2. Pack carrots in a sterile quart jar, tightly.
3. Add seasonings to jar.
4. Pour boiling water and vinegar over packed carrots.
5. Allow to cool before placing in the refrigerator.

Eat as a snack or added vegetable to a meal.

Nutrition Information:
- 19g carbohydrates
- 86 calories
- 1g fat
- 5g fiber
- 2g protein

Servings: 5
Basic Crustless Pumpkin Pie

Ingredients:
- 1 - 15 oz. can pumpkin
- ⅓ cup sugar or sugar substitute
- 2 tbsp. honey
- 1 ½ tsp. pumpkin pie spice
- 2 eggs, lightly beaten
- 1 tsp. vanilla
- ¾ cup evaporated fat-free milk

Directions:
1. Preheat oven, 350°F. Lightly grease an 8-inch pan.
2. In a medium bowl combine pumpkin, sugar, honey, and pie spice.
3. Add eggs and vanilla, beat lightly just until combined. Gradually stir in evaporated milk.
4. Pour into prepared pan and place on a foil-lined baking sheet. Bake for 45 to 50 minutes or until center appears set when gently shaken.
5. Cool for 1 hour on a wire rack. Cover and chill for at least 2 hours or up to 24 hours before serving.
6. To serve, loosen pie from sides of spring form pan by running a thin metal spatula around the edge and remove the sides of the pan. Cut into wedges to serve.

Nutrition Information:
- 17g carbohydrates
- 93 calories
- 1g fat
- 42mg cholesterol
- 2g fiber
- 4g protein

Servings: 8
Butternut Squash and Carrot Soup

Ingredients:
1 tbsps. butter
3 cups peeled, diced butternut squash (1 small squash)
2 cups thinly sliced carrots (4 med carrots)
¾ cup thinly sliced leeks or chopped onion

2 - 14.5 oz. can reduced sodium chicken broth
¼ tsp. ground white pepper
¼ tsp. nutmeg
¼ cup fat-free half-and-half or light cream

Directions:
1. In a large saucepan over medium heat, melt butter. Add squash, carrots, and leeks or onion to pan and cook, covered for 8 minutes, stirring occasionally.
2. Add broth and bring to a boil; reduce heat and simmer for 25 minutes or until vegetables are very tender.
3. Place one-third of the mixture in a food processor or blender; cover and process or blend until almost smooth. Repeat with remaining mixture.
4. Return mixture to saucepan and add pepper and nutmeg. Bring just to boiling and add the light cream and heat until warm.
5. Ladle into soup bowls.

Nutrition Information:
16g carbohydrates
103 calories
4g fiber
4g fat
3g protein
9mg cholesterol
4475mg sodium
# Sweet Potato Salad

**Nutrition Information:**
- 16g carbohydrates
- 103 calories
- 3g fiber
- 3g fat
- 3g protein
- 3mg cholesterol
- 52g sodium

**Servings:** 12  
**Serving size:** ½ cup

<table>
<thead>
<tr>
<th>Ingredients</th>
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<tbody>
<tr>
<td>3 large sweet potatoes</td>
<td>2 tbsp. olive oil</td>
</tr>
<tr>
<td>3 stalks celery, diced</td>
<td>1 tbsp. apple cider vinegar</td>
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<tr>
<td>2 green onions, sliced</td>
<td>⅛ tsp. ground black pepper</td>
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<tr>
<td>4 slices turkey bacon</td>
<td>½ tsp. garlic powder</td>
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**Directions:**

1. Peel sweet potatoes and cube. Place sweet potatoes in a large pot.
2. Cover with water and bring to a boil. Boil until tender about 5-7 minutes. Drain potatoes and rinse with cold water: Let cool.
3. While potatoes are cooking, cook bacon and chop.
4. In a small bowl whisk together olive oil, apple cider vinegar, pepper, and garlic powder.
5. Place sweet potatoes in serving bowl and add celery, green onions and turkey bacon. Pour dressing over salad and toss until potatoes are coated. Serve cold.
Broccoli Cheese Bites

**Ingredients:**
- Cooking spray
- 2 heads broccoli, trimmed
- 1 egg
- 1 egg white
- 1/3 cup reduced-fat shredded cheddar
- 1/3 cup bread crumbs
- 1/2 cup onion chopped
- 1/8 tsp. ground black pepper

**Directions:**

1. Preheat the oven 400°F. Coat one baking sheet with cooking spray.
2. Steam the broccoli for approximately 10 to 12 minutes until soft. Set aside to cool (for about 10 minutes).
3. Add the broccoli and remaining ingredients to a blender or food processor and pulse to combine. (Do not overmix; the mixture should be slightly chunky, not a paste.) Let the mixture rest for 10 minutes.
4. After 10 minutes, stir it and drop by tablespoons onto the prepared baking sheet.
5. Lightly spray the top of each ball with cooking spray and bake for 15 minutes. Turn the pieces over and bake an additional 10 minutes, or until golden brown.

*Chef Tip: Serve these broccoli bites with your favorite Greek yogurt dip.*

**Nutrition Information:**
- 17g carbohydrates
- 134 calories
- 4g fiber
- 4g fat
- 2g saturated fat
- 9g protein
- 39mg cholesterol
- 228mg sodium
Italian Sausage Frittata

Servings: 2

Nutrition Information:
45 carbohydrates
420 calories
6g fiber
4g saturated fat
35g protein
230mg cholesterol
600mg sodium

Ingredients:

| ¼ tbsps. Italian turkey sausage | 2 tsp. minced garlic |
| 2 tsp. olive oil | 2 large eggs |
| ½ lb. russet or baking potatoes cubed | 5 large egg whites |
| 2 cups sliced onion | ¼ cup nonfat milk |
| 2 cups washed, ready-to-eat spinach | ½ cup fresh basil |
| 2 cups sliced baby Bella mushrooms | ¼ tsp. freshly ground black pepper |

Directions:

1. Preheat the broiler. Cut the sausage into 1 inch slices.
2. Heat the oil in a medium, ovenproof, nonstick skillet over medium-high heat. Add the potatoes and sauce for 3 minutes. Add the sausage, onion, spinach and sauce for 3 minutes, stirring several times. Add the mushrooms and garlic. Continue to cook 1 to 2 minutes.
3. Meanwhile, whisk the whole eggs, egg whites, and milk together.
4. Tear the basil into small pieces and add it to the egg mixture along with the black pepper.
5. Pour egg mixture into the skillet and gently stir vegetables to make sure the egg mixture spreads throughout the pan. Press the sausage and vegetables into the egg mixture.
6. Turn the heat to low and cook 10 minutes. Frittata will be mostly cooked through.
7. Place the frittata under the broiler for 1 to 2 minutes to brown.
8. To serve, loosen around edges and cut in half.
9. Sloppy Janes

**Ingredients:**
- Nonstick cooking spray
- 1 medium onion, peeled and diced
- 1 medium red bell pepper and diced
- 1 clove garlic, minced
- 1 lb. lean (93% fat-free) ground turkey
- 1 tbsp. tomato paste
- 2 tbsp. Dijon mustard
- 1 tbsp. hot sauce
- 2 cups no-salt-added canned crushed tomatoes
- 1 tbsp. honey
- ½ tsp. ground black pepper
- 8 whole-wheat hamburger buns

**Nutrition Information:**
- 31 carbohydrates
- 250 calories
- 5g fiber
- 7g fat
- 2g saturated fat
- 16g protein
- 45mg cholesterol
- 340mg sodium

**Servings:** 8

**Directions:**

1. Add cooking spray to a nonstick sauté pan over medium-high heat.
2. Add onion, red bell pepper and garlic. Sauté for 5 minutes, stirring frequently.
3. Add turkey and sauté 5-7 minutes, stirring frequently until turkey is just cooked through.
4. Add tomato paste, Dijon mustard, hot sauce, tomatoes, honey and ground black pepper. Bring to a simmer for 5 minutes, stirring frequently.
5. Toast the hamburger buns.
6. Fill each bun with ½ cup turkey mixture to make 8 sandwiches.
Cauliflower Fried "Rice"

Ingredients:
- 3 cups cauliflower florets
- 1 tbsp. olive oil, divided
- 2 large carrots, finely diced
- 3 scallions chopped
- 1 tsp sesame oil
- 1½ tbsp. reduced-sodium soy sauce
- ¼ cup no-salt-added, fat-free chicken broth
- ⅛ tsp. ground ginger
- ⅛ tsp. ground black pepper

Directions:
1. Place cauliflower in a food processor and process until rice consistency; set aside.
2. Heat ½ tbsp. olive oil in a nonstick pan over medium-high heat, add carrots and scallions and sauté for 5 minutes.
3. Add remaining ½ tbsp. olive oil and sesame oil to pan. Add cauliflower "rice" and remaining ingredients and lower heat to medium-low. Cook cauliflower mixture for 6-8 minutes, stirring frequently. The cauliflower should be tender, not mushy.

Dietitian Tip: Some grocery stores now sell pre-chopped cauliflower "rice" in the frozen or refrigerated produce section. Look for this convenient option or use a box grater if you don't have a food processor.

MAKE IT GLUTEN-FREE: Purchase gluten-free chicken broth and gluten-free soy sauce. Confirm all other ingredients are gluten-free and this recipe can be made gluten-free.

Nutrition Information:
- 8 carbohydrates
- 80 calories
- 3g fiber
- 7g fat
- 1g saturated fat
- 3g protein
- 45mg cholesterol
- 260mg sodium
Black Bean Hummus

Ingredients:

- 1 can no-salt-added black beans, drained and rinsed
- 2 cloves garlic
- 1 cup tahini
- 1 tsp. ground cumin
- 2 tsp. reduced sodium tamari
- Juice of one lemon
- ¼ cup chopped fresh cilantro (optional)

Directions:

1. Place all ingredients in food processor, blend until well mixed.
2. Serve and enjoy.

Nutrition Information:

- 16 carbohydrates
- 140 calories
- 5g fiber
- 6g fat
- 7g protein
- 90mg sodium

Servings: 6
Servings size: 1 cup
Watermelon Salad

Ingredients:
- 1 medium seedless watermelon
- 10 mint leaves
- 1 pinch cayenne
- Juice of 1 lime

Directions:
1. Cube watermelon into bit size pieces.
2. Mince mint leaves.
3. Gently combine watermelon, cayenne, and lime juice. Add mint to taste.

Nutrition Information:
- 23 carbohydrates
- 86 calories
- 1g fiber
- 1g fat
- 2g protein
- 3mg sodium

Servings: 8 Servings size: 1 cup
**Tuscan Vegetable Pasta Dish**

**Ingredients:**
- ¼ cup olive oil
- 3 cloves garlic
- 1 red onion, sliced thin
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 yellow squash, sliced
- 1 zucchini, sliced
- 1-2 cans no-salt-added diced tomatoes
- ½ cup pitted and chopped black olives
- 1 can no-salt added chickpeas
- ⅛ cup whole fresh rosemary leaves
- 1 tablespoon dried Italian herbs
- 1 box whole wheat penne pasta
- 1 teaspoon red pepper flakes
- 1 cup chopped fresh basil (optional)
- 1 cup chopped fresh parsley (optional)

**Nutrition Information:**
- 32 carbohydrates
- 228 calories
- 7g fat
- 9g protein
- 112mg sodium

**Directions:**
1. Sauté olive oil, garlic, and onions for 1 minute.
2. Add and cook bell peppers, squash, and zucchini until tender.
3. Add in cooked pasta.
4. Stir in tomatoes, olives, chickpeas, rosemary, basil, and pepper.
5. Garnish with parsley as desired.

Servings: 8-10  Servings size: 1 cup
Caprese Salad

Nutrition Information:
32 carbohydrates
228 calories
7g fat
9g protein
112mg sodium

Servings: 8-10  Servings size: 1 cup

Ingredients:
4 cups diced ripe tomato
1 cup chopped sweet basil (Spanish Basil preferred)
½ cup chopped red onion
½ cup sliced ripe olives (canned - rinsed)
6 Mozzarella string cheese (½ inch slices)
½ cup lemon juice
1 tsp sea salt
½ tsp minced garlic
2 tbsp. Olive oil (or Grapeseed oil)

Directions:
1. Combine lemon Juice, minced garlic and olive oil.
2. Chop tomatoes and sprinkle with salt.
3. Add basil, onion, cheese and olives.
4. Toss and add lemon juice.
Deviled Eggs

Ingredients:
12 eggs
4-8 tbsp. Miracle Whip Light
1-2 tbsp. Pickle Juice
1-2 tsp. Honey Dijon Mustard

Directions:
1. Place eggs in a medium sauce pan and cover with water. Bring eggs to a boil and boil for 10-12 minutes.
2. Pour off hot water and cover with cool water, repeat every 2-5 minutes until eggs are cool to touch. Place eggs in refrigerator for 30 minutes.
3. Remove shells from eggs and cut eggs lengthwise. Remove yolks and place in a small bowl.
4. Mash yolks until smooth. Add miracle whip, pickle juice and honey Dijon mustard to taste. Sprinkle a little pepper and thoroughly mix.
5. Fill egg whites with yolk mixture and place on serving platter. Refrigerate until serving.

Nutrition Information:
32 carbohydrates
228 calories
7g fat
9g protein
112mg sodium

Servings: 24 Servings size: 2 egg halves
Dijon-Parmesan Chicken Breasts

Nutrition Information:
9 carbohydrates
229 calories
2g fiber
7g fat
2g saturated fat
34g protein
84mg cholesterol
406mg sodium

Servings: 4

Ingredients:
- 1 cup All Bran Cereal, crushed
- 2 tbsp grated, Parmesan Cheese
- 1 tsp dried basil
- ½ tsp garlic powder
- ¼ tsp ground, black pepper
- 1 egg white, beaten
- 2 tbsp Dijon mustard
- 4 boneless, skinless chicken breasts

Directions:
1. Preheat oven to 400 degrees and spray a baking sheet with cooking spray.
2. Combine cereal, cheese, basil, garlic, and pepper in a shallow bowl. In another bowl, combine egg and mustard and mix well.
3. Dip chicken in egg white mixture and then roll in cereal mixture. Place on baking sheet.
4. Bake for ~25 mins or until chicken is cooked.
Spinach and Green Apple Salad

Nutrition Information:
- 10g carbohydrates
- 155 calories
- 13g fat
- 2g saturated fat
- 88mg sodium
- 3g fiber
- 2g protein

Servings: 4

Ingredients:
- 2 tbsp. olive oil
- 1 tbsp. cider vinegar
- 1 tsp. Dijon Mustard
- 5 ounces/5 cups baby spinach leaves
- 1 Granny Smith apple
- \( \frac{1}{3} \) cup walnut pieces, toasted
- Salt and pepper to taste

Directions:
1. In a small bowl whisk together olive oil, vinegar and mustard. Season with salt and pepper to taste.
2. Toss spinach with the prepared dressing and divide among 4 plates.
3. Core the apple and slice into thin slices. Sprinkle apple pieces and walnuts evenly onto the 4 salad plates.
Black Bean Brownies

Ingredients:
- 1- 15oz. can low sodium black beans, rinsed and drained
- ½ cup semisweet chocolate chips
- 3 tbsp. unsweetened applesauce
- ¾ cup egg whites
- 2/3 cups packed, brown sugar
- ½ c baking cocoa
- 1 tsp. vanilla extract
- ½ tsp. baking powder
- ¼ cup ground flaxseed

Directions:
1. Preheat oven to 350 degrees and spray a 9 in. square baking pan with cooking spray.
2. In a food processor or blender, add eggs, applesauce, beans, flaxseed, and chocolate chips. Blend until smooth.
3. Add brown sugar, cocoa, vanilla, and baking powder and blend well.
4. Transfer batter to baking pan and bake for 20-25 minutes or until a toothpick inserted in the middle comes out clean.
5. Cut into bars and serve. Optional add walnuts for added fiber and Omega 3.

Compare: Regular Brownie: 243kcal, 10g fat, 3g sat, 10mg cholesterol, 153mg sodium, 39g carbohydrate, 0g fiber, 2.5g protein

Nutrition Information:
- 39g carbohydrates
- 220 calories
- 5 g fat
- 2g saturated fat
- 0mg cholesterol
- 43mg sodium
- 8g fiber
- 10g protein

Servings: 12
No-Crust Cheesecake

Ingredients:
- 1 tbsp. butter, for greasing
- 2 lbs. cream cheese, at room temperature
- 1 cup sugar substitute
- 4 large eggs, at room temperature
- ¼ tsp. orange extract
- ¼ tsp. lemon extract
- 2 tsp. heavy cream
- 1 tsp. pure vanilla extract

Nutrition Information:
- 12g carbohydrates
- 161 calories
- 11g fat
- 6g saturated fat
- 91mg cholesterol
- 148mg sodium
- 0g fiber
- 4g protein

Servings: 12

Directions:
1. Preheat oven to 350° F, butter the bottom and sides of a 9-inch pan and set aside.
2. Using an electric mixer, beat the cream cheese on medium speed until it’s very smooth. Slowly beat in the sweetener 1 tbsp. at a time. Then, add the eggs 1 at a time, beating well after each addition. Add the remaining ingredients, scrape down the bowl, and stir to combine.
3. Pour the cheesecake batter in the prepared pan and smooth the top with a rubber spatula. Bake for 10 minutes. Turn down the heat to 275° F and bake for approximately 1 hour, or until the edges are lightly brown (the cheesecake may be cracked on top).
4. Remove the cheesecake from the oven, run a thin-bladed knife around the edge of the pan, and return the pan to the oven to cool down slowly. If the center of the cheesecake still looks a little uncooked, it will firm up in the oven as it slowly cooks.
5. Cover the cooled cheesecake with the plastic wrap and refrigerate overnight or up to 3 days. To serve, run a knife around the edges and remove from pan.
Tex-Mex Quinoa

**Ingredients:**
- 1 tbsp. olive oil
- 2 cloves garlic, minced
- ½ cup diced onion
- ½ cup diced bell pepper
- 1 zucchini, sliced
- 1 cup quinoa
- 1 cup low sodium chicken broth
- 1 cup diced, cooked chicken
- 1 can (15oz) black beans, drained and rinsed
- 1 can (14.5 oz.) diced tomatoes
- 1 cup corn kernels
- 1 tsp chili powder
- ½ tsp cumin
- 2 tbsp. chopped, fresh cilantro
- Salt and pepper to taste

**Nutrition Information:**
- 48g carbohydrates
- 315 calories
- 5g fat
- 1g saturated fat
- 16mg cholesterol
- 150mg sodium
- 10g fiber
- 21g protein

**Servings:** 8

**Directions:**

1. Heat oil in a large skillet and cook onion, pepper and zucchini until browned.
2. Add all ingredients except the cilantro and bring to a boil.
3. Reduce the heat and cook for 20 minutes until the quinoa is cooked. Serve with cilantro.
Crock Pot Apple Cinnamon Oatmeal

Ingredients:
2 large, Granny Smith apples, sliced
1 ½ cups skim milk
1 ½ cups water
1 cup oats
3 tbsp. packed brown sugar

2 tbsp. Smart Balance Butter
1 tbsp. cinnamon
2 to 4 tbsp. ground flaxseed
¼ tsp. salt
(optional: ¼ cup walnuts)

Directions:
1. Spray the crock pot with nonstick spray.
2. Combine all ingredients in a crock pot except salt and set on low for 8 hours.
3. Just prior to serving add salt and nuts if desired.

Nutrition Information:
40g carbohydrates
224 calories
6g fat
1g saturated fat
2mg cholesterol
247mg sodium
6g fiber
7g protein

Servings: 4
Baked Salmon with Vegetables

Nutrition Information:
9g carbohydrates
223 calories
11g fat
2g saturated fat
50mg cholesterol
270mg sodium
3g fiber
24g protein

Servings: 4

Ingredients:
4 small salmon filets
2 cups fresh green beans or asparagus
½ cup diced white onion
1 ½ cups cherry tomatoes, cut in half
1 tbsp. olive oil

2 tbsp. minced garlic
Juice from one lemon with zest
1 tbsp. dried basil
¼ tsp. salt
½ tsp. ground black pepper

Directions:
1. Preheat oven to 400° F.
2. Place salmon skin side down in the middle of a large baking dish (9X13). Place green beans on one side of the fish with onion and place tomatoes on the other side of the fish.
3. Drizzle olive oil and add seasoning to top of fish. Bake uncovered for 20 minutes or until salmon is flaky.
Sweet Potato Casserole

**Ingredients:**
- 6 medium sweet potatoes
- ¾ cup butter
- 1 cup Splenda
- 3 eggs
- ½ cup 2% milk
- 2 ¼ tsp. vanilla
- 1 ½ cups finely chopped pecans

**Directions:**
1. Steam sweet potatoes and remove skin.
2. Cream potatoes and butter while warm.
3. Add Splenda, eggs, milk and vanilla.
4. Spread in casserole dish and top with pecans.
5. Bake in 300-325°F oven for 45 minutes to 1 hour or (until edges are brown).

**Nutrition Information:**
- 17g carbohydrates
- 280 calories
- 23g fat
- 9g saturated fat
- 72mg cholesterol
- 147mg sodium
- 3g fiber
- 4g protein

Servings: 12
Watermelon Granita

Ingredients:
- 4 cups ripe watermelon
- 1 cup unsweetened apple juice

Nutrition Information:
- 17g carbohydrates
- 66 calories
- 0g fat
- 17mg sodium
- 2g fiber
- 1g protein

Servings: 8  Serving size: ¾ cup

Directions:
1. In a blender, combine watermelon with apple juice and blend until smooth.
2. Pour into a baking sheet with an edge and cover with plastic wrap. Place on a level surface in your freezer.
   Note: May need to pour into two small pans for freezer space.
3. Using a fork scrape the melon mixture about every hour for ~4 hours stirring to make sure if freezes evenly. By the end the melon should be frozen into small ice slivers.
4. Serve with fresh fruits and mint or freeze in a freezer Ziploc bag for later.
Broiled Mango

**Ingredients:**
1 mango, peeled and sliced
Lime wedges

**Directions:**
1. Position rack or sheet pan towards the top of the oven and line with foil.
2. Arrange mango slices in a single layer and broil until brown spots appear on the mango, about 8-10mins.
3. Squeeze lime wedges over the mango.

*Goes great with Greek yogurt.*

**Nutrition Information:**
- 18g carbohydrates
- 69 calories
- 0g fat
- 2mg sodium
- 2g fiber
- 1g protein

Servings: 1
Citrus Infused Water

Ingredients:
1-gallon water
1 orange, sliced
6 strawberries, sliced
1 small handful of fresh basil, rosemary, or mint leaves
Optional other fruits: lemons, limes, cucumbers, melons, etc.

Directions:

1. Place the orange slices and sliced strawberries in the bottom of a 3-gallon container. Slightly squeeze the fresh herb and place in the container.
2. Pour 3 gallons of water on top of the fruit and place in the refrigerator for ~2-3 hours to allow the flavors to infuse into the water.

Nutrition Information:
0g carbohydrates
1 calorie
0g fat
0mg sodium
0g fiber
0g protein

Servings: 16
Avocado Fruit Salad

Nutrition Information:
- 24g carbohydrates
- 202 calories
- 8g fat
- 1g saturated fat
- 0mg cholesterol
- 90mg sodium
- 7g fiber
- 3g protein

Servings: 4

**Ingredients:**
**Dressing:**
- ¼ cup honey
- 2 tbsp. red-wine vinegar
- 2 tbsp. chopped fresh mint
- ½ tsp. ground black pepper
- Pinch of salt

**Salad:**
- 4 cups fresh spinach
- 1 small avocado sliced
- ½ cantaloupe, sliced
- 1 ½ cups sliced strawberries
- 2 tsp. toasted sesame seeds

**Directions:**
1. Whisk together dressing ingredients in a small bowl and set aside.
2. Divide spinach among 4 plates. Arrange slices of avocado and cantaloupe in a fan on top of the spinach.
3. Top each salad with strawberries and drizzle with dressing. Sprinkle the top of each salad with sesame seeds.
Strawberry Infused Water

Ingredients:
1 gallon of water
6 strawberries, sliced
1 lemon sliced
Handful of fresh mint or basil

Servings: 16

Nutrition Information:
0g carbohydrates
1 calorie
0g fat
0mg sodium
0g fiber
0g protein

Directions:
1. Place fruit in the bottom of a glass pitcher and gently scrunch the herbs before placing them in the bottom.
2. Pour the water over the top and place in the refrigerator for 4 hours before serving. Keeps for ~3 days.
Zesty Fruit Salad

Nutrition Information:
25g carbohydrate
120 calories
0g fat
20mg sodium
3g fiber
1.5g protein

Servings: 6

Ingredients:
2 cups cantaloupe 3 tbsps. fresh lime juice
3 cups quartered strawberries 1 tsp. lime zest
2 cups honey dew melon 3 tbsps. finely chopped mint leaves
3 tbsps. honey

Directions:
1. Place fruit in a large bowl.
2. In a smaller bowl combine lime juice, zest, honey, and mint.
3. Pour honey mixture over fruit and toss to coat fruit.
Vanilla Chia Seed Pudding

Nutrition Information:
16g carbohydrate
120 calories
6g fat
120mg sodium
6g fiber,
2.5g protein

Servings: 4

Ingredients:
- 2 cups unsweetened vanilla almond milk
- ¼ cup chia seeds
- 1 ¼ tsp. vanilla extract
- 2 tbsp. honey
- Pinch of salt (optional)

Directions:
1. Whisk milk, vanilla and chia seeds together in a container with lid.
2. Set in the refrigerator covered for 4-6 hours.
3. When ready to eat, stir and drizzle with honey.

*Fresh fruit and nuts go well with pudding too!*
Crustless Vegetable Quiche

Ingredients:
- 2 ½ cups egg beaters
- 2 tbsp. flour
- 2 whole eggs
- ¼ cup ground flaxseed
- ½ cup skim milk
- 1 tsp. baking powder
- 1 tsp. dried parsley
- ½ yellow onion, diced
- ¼ tsp. dried thyme
- 1 large zucchini, sliced
- ¼ tsp. black pepper, ground
- 8 oz. mushrooms, sliced
- 16 oz. fat free cottage cheese
- 1 ½ cup asparagus tips
- 1 cup shredded Monterey jack cheese
- ½ cup roasted bell pepper, diced
- 1 cup 2% shredded cheddar cheese
- 1 tomato sliced

Directions:
1. Preheat oven to 400° F. Spray a 3 quarts baking dish with cooking spray.
2. Whisk together egg beaters and eggs until fluffy.
3. Add cottage cheese, ¾ cup of the Monterey jack cheese, ¾ cup of the cheddar cheese, milk, flour, flaxseed, baking powder, and spices to egg mixture.
4. Sauté onion, zucchini, mushrooms and asparagus until tender.
5. Add sautéed vegetables and roasted bell pepper to egg mixture and fold it together.
6. Pour egg mixture with vegetables into the casserole dish and top with remaining cheese and sliced tomatoes.
7. Bake for 15 minutes at 400° F, then reduce to 350 degrees for another 45 minutes. Do not take it out of the oven when reducing temperature.

Nutrition Information:
- 9g carbohydrate
- 209 calories
- 9g fat
- 4g saturated fat
- 56mg cholesterol
- 490mg sodium
- 2g fiber
- 22g protein

Servings: 10